

1. Active stretch routine

🕒 3 x 6–8 repetitions

- Purpose: To improve flexibility in the back, hips and hamstrings muscles
- 1. + 2. Prone and supine crossover: Keep your shoulders on the floor
- 3. Hip flexor stretches: Maintain a neutral spine and push your hips forward
- 4. Downward-facing dog: Keep your knees straight and maintain a neutral spine
- 5. Keep your knees straight and the lower back in hyper extension
- 3 x 6–8 repetitions



2. Sitting hamstrings stretch

🕒 3 x 6–8 repetitions

- Purpose: To improve flexibility of the hamstrings muscles
- Sit on a box or chair with one leg stretched out on front of you
- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- Hold for approx. 5 seconds
- 3 x 6–8 repetitions



3. Shoulder and hip stretching

🕒 3 x 6–8 repetitions

- Purpose: To improve flexibility in the hips and shoulders
- 1. Start in a forward lunge with a straight back foot and push your hips forward
- 2. Rotate your hips and trunk towards the back leg
- 3. Keep your knee aligned with your foot on the front leg
- 4. Flex your knee and push your knee outwards
- 3 x 6–8 repetitions



4. Plank combination

🕒 Repeat the series 3 times

- Purpose: To strengthen the abdominal muscles
- Start in a normal plank position on your hands
- 1. Touch each shoulder with the opposite hand
- 2. Take each knee as far forward as possible without changing your back position
- 3. Lift each arm the opposite leg off the floor
- Repeat the series 3 times



5. Leg extension

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and spine control
- Kneel on all fours
- Hold an elastic between your hand and foot, looping around the opposite knee
- Extend your leg straight out behind you
- Maintain a neutral spine throughout the whole movement
- 3 x 8–16 repetitions



6. Reverse plank with ankle movement

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the back, gluteal and hamstring muscles
- Start with your elbows under your shoulders
- Lift your hips until your body is aligned from shoulder to ankle
- Move your ankles up and down
- 3 x 8–16 repetitions



7. Walking lunge with high knee lift

🕒 3 x 5–10 meter

- Purpose: To improve hip and knee control and hip flexibility
- Start by holding one knee in to your chest
- Step forward into a lunge
- Continue forwards, maintaining good hip and knee alignment
- 3 x 5–10 meter



8. Flyer + extension

🕒 As many as possible with good control

- Purpose: To improve hip, knee and ankle control
- Stand on one leg holding a broomstick
- Bend forward from the hips, lift the broomstick, and perform a small single-leg squat
- Straighten up then lean backwards with the broomstick overhead
- Maintain a neutral spine throughout the whole movement
- As many as possible with good control



9. Medicine ball throws on bosu

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the abdominal muscles and improve power transfer through the kinetic chain
- Lie on a bosu with your hips and knees flexed
- Take the medicine ball as far overhead as possible
- Start the throw from the hips and abdominal muscles
- 3 x 8–16 repetitions



10. Extend and rotate in standing

🕒 3 x 8–16 repetitions per each side

- **Purpose:** To improve shoulder strength and trunk rotation
- Lift both arms overhead as you rotate your trunk
- Avoid excessive spinal extension
- 3 x 8–16 repetitions per each side



11. Plank with rotation

🕒 As many as possible with good control

- **Purpose:** To strengthen the shoulders and trunk
- Start in a plank position with your partner holding your ankles
- Rotate your trunk, keeping your body aligned
- Do not let your hips drop towards the floor
- As many as possible with good control



12. Nordic Hamstrings

🕒 3 x 3–5 repetitions

- **Purpose:** To strengthen the hamstrings muscles
- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 3–5 repetitions



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2. Sitting hamstrings stretch

🕒 3 x 6–8 repetitions

- Purpose: To improve flexibility of the hamstrings muscles
- Sit on a box or chair with one leg stretched out on front of you
- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- Hold for approx. 5 seconds
- 3 x 6–8 repetitions



3. Shoulder and hip stretching

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- Purpose: To improve flexibility in the hips and shoulders
- 1. Start in a forward lunge with a straight back foot and push your hips forward
- 2. Rotate your hips and trunk towards the back leg
- 3. Keep your knee aligned with your foot on the front leg
- 4. Flex your knee and push your knee outwards
- 3 x 6–8 repetitions



4. Pelvic control +

🕒 3 x 8–16 repetitions

- Purpose: To improve control of the pelvis and low back
- Lie on a box or bench with your pelvis hanging over the edge
- Straighten one leg, maintaining a neutral spine position
- When your leg is outstretched, perform 3 small pulses moving from the hip
- Advanced progression: Perform with both legs together
- 3 x 8–16 repetitions



5. Hip thrusts

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and low back control
- Start on both knees with your hands behind your head
- Drive your hips forwards and upwards
- Lift your arms overhead in one drive
- Maintain a neutral spine position throughout the movement
- Progression: Take one foot forward to finish in a lunge position
- 3 x 8–16 repetitions



6. Supine bridge

🕒 3 x 8–16 repetitions per each side

- Purpose: To strengthen the gluteal and hamstrings muscles
- Lie on your back with your heels on a low box
- Lift your hips until your body is aligned from shoulder to ankle
- Maintain a neutral spine throughout the whole movement
- Progression: Perform the exercise with one leg at a time
- Alternative: Rotate your foot in different directions
- 3 x 8–16 repetitions per each side



7. Single-leg balance with elastic

🕒 3 x 8–16 repetitions per side

- Purpose: To improve hip, knee and ankle control
- Stand on one leg with an elastic around the opposite ankle
- Simulate a running movement with your free leg and arms
- Maintain perfect hip, knee and ankle alignment
- 3 x 8–16 repetitions per side



8. Diagonal rotations

🕒 As many as possible with good control

- Purpose: To improve hip and spine control
- Perform a small single-leg squat and rotate towards the standing leg
- Rotate fully in the opposite direction as you stand up, lifting the broomstick overhead
- Take your knee out to the side
- Lean backwards in the final position
- As many as possible with good control



9. Medicine ball throws with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve power transfer through the kinetic chain
- Start in your natural throwing position
- Rotate your trunk and throw the medicine ball
- Use your whole body, not just your shoulder
- 3 x 8–16 repetitions



10. Standing medicine ball throws

🕒 3 x 8–16 repetitions

- Purpose: To improve power transfer through the kinetic chain
- Throw a medicine ball with one or both arms
- Use your whole body, not just your shoulder
- Initiate the movement from the hips and abdominals
- 3 x 8–16 repetitions



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- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 3–5 repetitions



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- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- Hold for approx. 5 seconds
- 3 x 6–8 repetitions



3. Shoulder and hip stretching

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- Purpose: To improve flexibility in the hips and shoulders
- 1. Start in a forward lunge with a straight back foot and push your hips forward
- 2. Rotate your hips and trunk towards the back leg
- 3. Keep your knee aligned with your foot on the front leg
- 4. Flex your knee and push your knee outwards
- 3 x 6–8 repetitions



4. Single-leg forward bend variations

🕒 As many as possible with good control

- To improve control of the hip, knee and ankle
- Stand on one leg holding a broomstick
- Rotate your trunk away from the standing leg
- Bend forward from the hips and perform a small single-leg squat
- Rotate your trunk in the opposite direction and repeat
- Maintain a neutral spine throughout the whole movement
- As many as possible with good control



5. Active hip flexor stretch

🕒 3 x 8–16 repetitions

- Purpose: To improve hip flexibility and pelvic control
- Place one foot in front of you as you drive your hips forwards and upwards
- Simulate a running movement with your arms
- Maintain a neutral spine position throughout the movement
- Alternate sides
- 3 x 8–16 repetitions



6. Single-leg hip thrust

🕒 3 x 8–16 repetitions per each side

- Purpose: To strengthen the gluteal muscles
- Lie in a bridge with your shoulders on a bench
- Bend your knee to 90 degrees and take your weight through one heel
- Lift your pelvis upwards
- Simulate a running movement by striding with the opposite leg
- 3 x 8–16 repetitions per each side



7. Calf stretch + hip thrust

🕒 3 x 8–16 repetitions per each side

- Purpose: To improve ankle and hip flexibility
- Start with a straight-knee calf stretch
- Raise up on your toes, lift your opposite knee and push your hip forwards
- 3 x 8–16 repetitions per each side



8. Single leg hop

🕒 3 x 30 seconds per exercise

- Purpose: To improve hip, knee and ankle control
- Perform small single-leg hops with good hip pelvic control
- Generate power from the ankle, keeping your knee stiff
- Rotate your hip inwards and outwards, and move sideways as you hop
- 3 x 30 seconds per exercise



9. Landmine

🕒 3 x 8–16 repetitions per each side

- **Purpose:** To improve power transfer through the kinetic chain
- Stand in a normal throwing position
- Use your whole body to throw, not just your shoulder
- Pick the right weight for you
- 3 x 8–16 repetitions per each side



10. Plank with rotation

🕒 As many as possible with good control

- **Purpose:** To strengthen the shoulders and trunk
- Start in a plank position with your partner holding your ankles
- Rotate your trunk, keeping your body aligned
- Do not let your hips drop towards the floor
- As many as possible with good control



11. Nordic Hamstrings

🕒 3 x 3–5 repetitions

- **Purpose:** To strengthen the hamstrings muscles
- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 3–5 repetitions

